

PRODUCT
CATALOGUE

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HERE'S WHY WE'RE SO

N!i!!!i!CE

ARTISANAL VALUE-ADDED MACADAMIA PRODUCTS

The van der Westhuizen clan has been farming macadamias for over 20 years on their two farms located in the Alkmaar region of the Mpumalanga province of the Lowveld. Like many macadamias produced in South Africa, most of the nuts that our farms produce are exported as “raw” nuts in-shell or whole nut product. We imagined so much more!

It is no secret that we love to eat, and as passionate foodies who enjoy hosting and cooking with a glass of wine in hand, we began tinkering with our macadamias and experimenting with recipes. Through exploration, we discovered a myriad of possibilities, founding the Niice Foods brand in 2019.

Our vision is to create macadamia-inspired artisanal products that are packed with

flavor, delicious to eat, and good for you. We firmly believe in the global shift towards more authentic plant-based diets and the growing emphasis on ethics, food safety, traceability, and environmental welfare.

Niice Foods is committed to local production. We create and hand-make premium and authentic South African macadamia products to share and enjoy with our friends, family, and the rest of the world.

Local is very lekker...

Much love,

Taryn & Stef



MADE IN
SOUTH
AFRICA



HEALTH BENEFITS OF MACADAMIAS

Macadamia nuts are high in healthy fats with the best ratio of Omega 3 to 6, more specifically containing 20% palmitoleic acid (Omega 7), 60% oleic acid (Omega 9). All these good monounsaturated fats make them nutrient dense and high in protein but low in carbs. This makes them great for people who are eating consciously, whether that be for losing weight, improving heart and gut health, or incorporating more plant-based meals for a flexitarian or vegan lifestyle. Here are just some of the reasons why eating more macadamia nuts is a nice way to be healthier:

Lowers the risk of heart disease

Macadamia nuts are not only cholesterol free, but also contain palmitoleic acid which reduces blood vessel swelling. This may decrease the chances of developing high blood pressure and heart disease.

Improves metabolic syndrome

Metabolic syndrome is a group of conditions that includes high blood pressure, high blood sugar, low levels of HDL cholesterol, high triglycerides, and excess belly fat. These conditions can increase the risk of diabetes, stroke, and heart disease. Some research suggests that the Monounsaturated fatty acids present in macadamia nuts may help lower the risk of metabolic syndrome or reduce its effects in people who already have it.

Anti-cancer properties

Macadamia nuts contain plant antioxidant compounds called flavonoids, which can fight cancer by destroying damaging free radicals in the body. They also contain a type of vitamin E called tocotrienols that may have powerful anticancer abilities, according to some research.

Protects the brain

When it comes to protecting the brain, the tocotrienols in macadamia nuts also protect brain cells from the effects of glutamate, which may play a role in the development of Alzheimer's disease and Parkinson's disease. And oleic acid can protect the brain from certain kinds of oxidative stress.

Reduces inflammation

Palmitoleic acid may decrease inflammation in the gut and eyes. Specifically, it has been shown to help those suffering from ulcerative colitis, a kind of inflammatory bowel disease. It may also suppress inflammatory cytokines and improving insulin sensitivity in individuals with fatty liver disease.

May prevent weight gain

Eating macadamia nuts can help to regulate blood glucose levels which improves insulin sensitivity and reduces the risk of insulin resistance. According to various studies, omega-7 fatty acids may even increase the metabolism of glucose.

Stave off hunger

Macadamia nuts contain protein, high amounts of beneficial fats, and fibre. Together, these nutrients can help a person feel full for longer by keeping blood-sugar levels stable.

NIICE PRODUCT CHECKLIST:

- ✓ Vegan
- ✓ Keto, Paleo & Banting
- ✓ Gluten free
- ✓ Dairy free
- ✓ Nutrient dense
- ✓ High fibre
- ✓ High protein
- ✓ Low carb
- ✓ Natural probiotic
- ✓ Best Omega 3 to 6 ratio
- ✓ High in Omega 7 & 9

NUTRITIONAL VALUES: MACADAMIA NUTS

	Amount Per 100g	%Daily Value*
Calories	718	
Total Fat	76g	116%
Saturated fat	12g	60%
Polyunsaturated fat	1,5g	
Monounsaturated fat	59g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium	368mg	10%
Total Carbohydrate	14g	4%
Dietary fibre	9g	36%
Sugar	4,6g	
Protein	8 g	16%
Vitamin A		0%
Vitamin C		2%
Calcium		8%
Iron		20%
Vitamin D		0%
Vitamin B-6		15%
Cobalamin		0%
Magnesium		32%

**Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

EXTRA VIRGIN COLD PRESSED MACADAMIA OIL

ALL PURPOSE COOKING OIL

**AN ALL PURPOSE OIL FOR AIR-FRYING, COOKING,
ROASTING BAKING, AND MORE!**

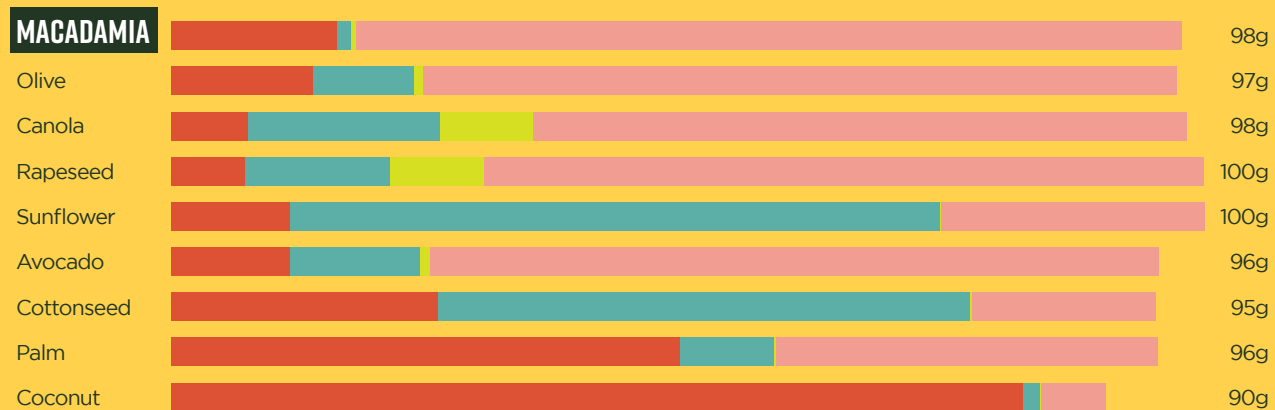
The perfect all-rounder! This multi-purpose oil is cold-pressed and made from macadamia nuts. The high smoke point of 210°C makes this highly-stable oil perfect for sweet or savory air-frying, deep-frying, roasting, baking, braaiing, salad dressings and drizzling.

Ingredients: 100% cold-pressed macadamia nut oil. That's all.

Allergens: Tree nuts (macadamia nuts). Made in a factory that processes tree nuts.

HOW DOES IT COMPARE TO OTHER COOKING OILS?*

Fatty acid profile per 100g of oil: saturated fat, monounsaturated fat, and polyunsaturated fat split into Omega 6 and Omega 3



☹️ Saturated Fat

☹️ Omega 6 (Polyunsaturated)

😊 Omega 3 (Polyunsaturated)

😊 Monounsaturated Fat

WHY MACADAMIA OIL STANDS OUT:*

HEALTH BENEFITS

- High in heart-healthy monounsaturated fats
- Balanced ratio of Omega 3 : Omega 6 supports inflammatory balance
- Rich in vitamin E & phytosterols for skin and cells
- Contains metabolically beneficial palmitoleic acid
- Regular nut and nut oil consumption is linked to better heart health

COOKING BENEFITS

- **High smoke point** (210–234°C / 410–450°F): ideal for sautéing & roasting
- **Neutral flavour:** Mild & buttery, not overpowering
- **Excellent oxidative stability:** long shelf life, resists rancidity
- **Versatile:** dressings, baking, marinades & finishing dishes

* Sources: see next page

- ✓ Mild, neutral, nutty flavour
- ✓ Cold pressed
- ✓ Naturally cholesterol free
- ✓ Air frying & ANY frying
- ✓ Drizzling & dressings
- ✓ Braaing & grilling
- ✓ Sweet & savoury baking



Fat profile sources: USDA FoodData Central; Wu et al., 2014, "Fatty Acid Composition of Macadamia Oil" (PMC4190113); Growables/USDA Olive Oil Report; Wikipedia - Avocado Oil & Rapeseed Oil (USDA-sourced); Oklahoma State University FAPC-222; FEDIOL Sunflower & Rapeseed Oil Fact Sheets; FEDIOL Palm Oil Fact Sheet (PMC6331788). Benefit sources: Australian Macadamias (smoke point); House of Macadamias & WestbrauntStore (smoke point comparisons); ScienceDirect "Macadamia Oil" overview (stability); Griel et al., Journal of Nutritional Science, 2023 (PMC10173088) on nut consumption and cardiometabolic risk. Values are typical averages - actual composition varies by cultivar, growing region, and refining process.



CRUNCHY MACADAMIA NUT BUTTER

DRY ROASTED CRUNCHY AND NUTTY

A dry-roasted macadamia nut butter with added roasted macadamia nibs that can be used as a spread; added to shakes and smoothies for a protein boost; and used for baking, cooking, sauces, and dressings.

Ingredients: Dry roasted macadamia nuts (100%) and toasted macadamia nibs.

Allergens: Tree nuts (macadamia nuts).
Made in a factory that processes tree nuts and sesame seeds.

SMOOTH MACADAMIA NUT BUTTER

DRY ROASTED CREAMY AND VERSATILE

A smooth and creamy, dry-roasted macadamia nut butter that can be used as a spread; added to shakes and smoothies for a protein boost; and used for baking, cooking, sauces, and dressings.

Ingredients: Dry roasted macadamia nuts (100%).

Allergens: Tree nuts (macadamia nuts).
Made in a factory that processes tree nuts and sesame seeds.





MAC-SPRINKLE

ALL PURPOSE CHEESY,
SAVOURY SEASONING
WITHOUT THE DAIRY

DAIRY FREE, VEGAN, AND GLUTEN FREE!

Delicious meets healthy! This 100% plant based, super tasty, all purpose seasoning sprinkle is made from macadamia nuts. Mac-sprinkle adds extra umami and savoury depth to your dishes. Shake over pasta, pizza, gratins, roasted or steamed veggies, salads, soups, avo on toast, and even popcorn!

Ingredients: Macadamia nuts (71%), Nutritional yeast, Onion powder, Himalayan Salt, Garlic powder.

Allergens: Tree nuts (macadamia nuts). Made in a factory that processes tree nuts and sesame seeds.





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WANT TO STOCK NIICE FOODS PRODUCTS?

Do you have a retail store, online store, health store,
deli or pharmacy and wish to become a reseller?
E-mail us at hello@niicefoods.com for more info.
Don't forget to follow us on social media!

www.niicefoods.com

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  @niicefoods



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